



# Mishawaka Communicator



*Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.*

Dave Wood, Mayor

[www.mishawaka.in.gov](http://www.mishawaka.in.gov)

September 2016

## A Letter from Mayor Dave Wood



Indiana's Bicentennial Celebration will honor our state's 200 years of statehood. To lead this celebration, the Indiana 2016 Bicentennial Commission (IBC) was established. Fifteen individuals representing the private sector, non-profit organizations and government were appointed to the commission. First Lady Karen Pence is the official ambassador of the bicentennial.

One of the IBC's responsibilities has been to identify and endorse a series of legacy projects. One of these projects, the Indiana Bicentennial Torch Relay, is a signature event of Indiana's 200th anniversary celebration in 2016. Patterned after the Olympic Torch Relay, Indiana's version will pass through the state's

92 counties covering 2,300+ miles over a five-week period averaging approximately 74 miles per day. The torch is utilizing several means of transportation during the relay; including torchbearers, watercraft, farm equipment, a racecar, a horse and buggy and other modes unique and symbolic to Indiana. This initiative is designed to inspire and unify the state by connecting its people, communities and regions. It is also designed to symbolically "pass the torch," connecting past and current generations to future ones.

The Torch Relay will begin on September 9th in Corydon, Indiana's first state capitol, and will end with a celebration on the grounds of the Indiana Statehouse in Indianapolis on October 15th. St. Joseph County has established a SJ-C-Indiana Bicentennial Committee and the City of Mishawaka is proud to be part of this group. The torch will pass through St. Joseph County on Saturday, October 8th, and will travel 20 miles in four hours. Along the 20 mile route the torch will pass through the communities of Walkerton, North Liberty, Lakeville, Mishawaka, Indiana University of South Bend, University of Notre Dame, South Bend and proceed to Bendix Woods where the torch will officially leave St. Joseph County and be passed to representatives from LaPorte County. From May 1, 2015 to December 31, 2015, nominations were submitted by individuals or groups to the St. Joseph County Bicentennial Committee. A juried process was utilized to make torchbearer recommendations and these recommendations were submitted and approved by the Indiana Bicentennial Torch Relay leadership. There will be 34 torchbearers who will proudly carry the torch in St. Joseph County.

The City of Mishawaka will receive the torch at approximately 11:00am on October 8th at the corner of Mill and Front Street. It will take approximately 10 minutes for the torch to travel  $\frac{3}{4}$  of a

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## Monthly Self-Breast Exams Help with Early Detection

*Health Information from Saint Joseph Regional Medical Center  
Paqui and Brian Kelly Comprehensive Breast Center*

October is National Breast Cancer Awareness Month, and the perfect time to make self-breast examinations a part of your monthly routine. Remember, early detection is your best protection. Most women have some lumps in their breasts, but the goal of a monthly exam is to find anything new or different. The best time to do a self-breast examination is about 3-5 days after your period starts. Your breasts are not as tender or lumpy at this time in your cycle. If you have gone through menopause, do your exam on the same day every month.

- Begin by lying on your back. It is easier to examine all breast tissue if you are lying down.

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### UPCOMING EVENTS!

Sep 17 Punt, Pass & Kick  
(Merrifield Park)

Oct 8 Fall Harvestfest  
(Beutter Park)

### Battell Center

(574) 258-1664

Sep 1-Nov 3 Nutrition  
Education (Thurs.  
2:30pm)

Sep 30 "We Heart Paws"  
(7pm)

### Ghouls and Goodies

Oct 26 "Ghoul-ey Story  
Time" (2pm)

Oct 28 "Goodies and  
Crafts" (2pm)

Battell Center offers a variety of youth and adult classes. Contact Battell Center or check the Park Press for more information.

- Baton Twirling
- Junior Poms
- Family Zumba
- Dance Classes
- Drawing/Cartooning
- Soccer/Basketball
- Cheerleading
- Yoga/Pilates
- Adult Learn To Paint
- Eudhre/Bridge/Pinochle
- Ping Pong
- Quilt Club
- Line Dancing
- Senior Shape-Up
- Senior Co-Ed Volleyball
- Table Shuffleboard
- Aerobics
- Bingo
- T.O.P.S.

## A Letter from Mayor Dave Wood *(continued)*

mile through our city along the following route: the torch will start at the corner of Front and Mill Street. It will continue north on Mill St. and will then travel west along the Riverwalk to Center Street and continue north along Center Street to Lincolnway where the final torchbearer will join the Torch Relay Caravan and take the torch to Indiana University of South Bend. Along the Mishawaka route the torch will be proudly carried by the following torchbearers: Dot Wiekamp; Jane Wright,



Mishawaka Education Foundation Executive Director; Jeff Rea, former Mishawaka Mayor; Mishawaka State Wrestling Champions - Brad Harper, Pat Day, Steve Sandefur, Josh Harper, Tommy Forte; and Mishawaka National Cross Country Champion, Anna Rohrer. The torchbearers will be provided with an official uniform to wear during the event and no torchbearer substitutions will be allowed; these are the torchbearers who were nominated and they are the only persons allowed to carry the torch along the official torch route.

I encourage all citizens of Mishawaka to join our celebration on Saturday, October 8th. What better way to show our Mishawaka Pride than to line the torch route with citizens to show support for our torchbearers and celebrate the 200th anniversary of Indiana's statehood! Following the Torch Relay, the Mishawaka Parks Department has planned a Fall Harvestfest which will be held from 12:00noon – 6:00pm in downtown Beutter Park. This Fall Harvestfest will feature the Michiana Chili Cook-Off, music, kid's crafts (free pumpkin decorating), kid's games, family hayride, craft booths, food vendors and a beverage garden. We will also have the Mishawaka Bison on display that has been designed and painted by Mishawaka Art Director, Ryan Sergeant, and his talented art students from Mishawaka High School, in honor of the Indiana Bicentennial.

I'd like to thank all of Mishawaka's torchbearers for answering the call to represent their community and I'd also like to thank the committee members, especially my Assistant, Lou Ann Hazen, for their hard work and dedication to making Indiana's 200th birthday a success.

*Mayor Dave Wood*

### Bicentennial Torch Relay Facts

- Travels through all 92 Indiana counties
- Travels approximately 2,300+ miles
- Torch will travel by relay for 5 weeks/32 days – pause on Mondays
- Carried by approximately 3200 torchbearers
- Travels an average of 74 miles per day
- Travels in a caravan of 6 -8 vehicles; Indiana State Police, Media, Torchbearer, Operations Staff
- Torch was developed by Purdue University, weighs 3 ½ lbs., has 19 stars (Indiana was the 19th State in the Union, 1816)

## Monthly Self-Breast Exams... *(continued)*

- Place your right hand behind your head. With the middle fingers of your left hand, gently yet firmly press down using small motions to examine the entire right breast. Place your left hand behind your head and repeat the process on the left breast.
- Next, sit or stand. Feel your armpit, because breast tissue goes into that area.
- Gently squeeze the nipple, checking for discharge. Repeat the process on the left breast.
- Stand in front of a mirror with your arms by your side. Look for changes in skin texture, such as dimpling, puckering, indentations, or skin that looks like an orange peel. Also note the shape and outline of each breast.
- Check to see if the nipple turns in.
- With your arms above your head, repeat the process looking for changes in skin texture.

As breast tissue responds to hormonal changes, lumps can come and go. It is important to remember that most lumps are not cancer. If you find a growth in one of your breasts, consult your primary care physician.

Indiana's 2016 Bicentennial Celebration aims to honor our state's 200 years of history, and do so in a way that engages all 6.5 million Hoosiers and leaves lasting legacy for future generations.

**Follow the Torch Relay in real time on your smart device!**  
**Simply download the "Indiana Torch Relay 2016" app from your device's app store!**

[www.indiana2016.org](http://www.indiana2016.org)

### HUNGER AWARENESS MONTH

September is Hunger Awareness Month. Take a moment to support the Mishawaka Food Panty. Call the pantry at (574) 220-6213 to find out ways you can help support this local organization.

#### ONLINE ACCESS



<http://mishawaka.in.gov>



<http://facebook.com/cityofmishawaka>



<http://mishawaka.in.gov/communicator>



<http://mishawaka.in.gov/parksandrecreation>

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